WHAT IS HEART FAILURE?

Your heart is actually a muscle and is one of the largest and most important organs in the human body. Heart Failure (also known as “congestive heart failure”) occurs when your heart does not pump blood as well as it should. Heart failure may be mild, moderate, or severe.

The following conditions may lead to or worsen heart failure:

• Heart disease &/or “heart attack”
• High blood pressure
• Diabetes
• Alcohol &/or tobacco abuse

DO I HAVE HEART FAILURE?

Top 5 signs of heart failure:

• Shortness of breath, especially upon exertion or lying down
• Tiredness &/or weakness
• Unexplained weight gain
• Swelling of feet and ankles
• “Racing” or irregular heartbeat

WHAT SHOULD I DO?

• Call 911 or your local emergency number for immediate help!
• If you have been diagnosed with heart failure, the following may be regularly practiced to improve the quality of your life (of course, under the direction of one’s health care provider):
  
  • Exercise.
  • Eat a “heart-healthy” diet.
  • Reduce dietary salt intake.
  • Manage stress; get the sleep your body needs.
  • Lose weight.
  • Take medication(s) as prescribed and directed by your doctor.